

Blissfield Flag Football Rules – 2004

Player Rules:

1. The offense will have 3 players in the backfield.
2. The defense may choose any alignment they want.
3. All players on the line must be in a 3-point stance.
4. There will be NO movement toward the line of scrimmage (offense / defense).
 - a. Legal side-to-side movement allowed.
5. All players will play as equally as possible.

Equipment Rules:

1. The first team listed will provide the game ball.
2. All team members will wear the same jersey.
3. Tennis shoes or rubber cleated shoes (non-replaceable cleats) are allowed.
4. FLAGS:
 - a. Each player must wear a flag belt with two flags attached.
 - b. The flags will be attached at the sides and the belt must be visible.

Game Rules:

1. **HAVE FUN**
2. Free substitution – during a dead ball situation.
3. 1 coach is allowed on the field during the game.
4. There will be 2 halves consisting of a 25-minute running clock. Halftime will be five minutes.
5. Each team will be allowed 2 time outs each half. The clock will start on the snap of the ball following a time out.
6. If a player inadvertently loses their flag during the play, they are down as soon as they receive the ball.
7. PUNTING (4-5 grade league only)
 - a. The offense may punt at any time.
 - b. The offense **MUST** declare the punt in advance.
 - c. All are free kicks (no rushing punter).
 - d. Punter has 5 seconds to kick the ball.
 - e. Defense may have 3 return men back.
 - f. If the ball hits the ground it is live until an offensive or defensive player touches it. The ball cannot be picked up and returned once it touches the ground.

Ball Advancement:

1. The offense will have 4 downs to advance to the next cone for a first down.
2. Failing to advance to the next cone in the 4 downs results in losing possession.
3. Cones will be set every 10 yards in the Jr. League.
4. Cones will be set every 15 yards (starting at the 10) in the Sr. League.
5. After each play the ball is returned to the middle of the field.

Deflagging:

1. There shall be no intentional tackling (referee will be the judge). There is an understanding that contact is a possibility when a runner tries to change direction. The key to the play is if the defender is going for the flag.
2. The ball carrier is down when their flag is removed or lost. The defender shall stop and hold up the flag.

Blocking:

1. Any contact below the waist is prohibited. Cross Body, chop, diving and roll blocks are examples of below the waist blocks.
2. There will be no contact allowed with the head when blocking.
3. Blocking in the back is not allowed.
4. There is no free blocking zone.

Ball Carrier:

1. The ball carrier cannot use their hands to block or protect the flags.
2. Ball carriers cannot lower their heads to run over a defender.
3. Ball carriers cannot use a stiff arm to ward off the defender.

Passing / Receiving:

1. All players are eligible to pass and receive the ball.
2. All passes must be made from behind the line of scrimmage.
3. A receiver must have 1 foot in bounds to have a completed catch.
4. If a defender and a receiver come down with the ball together, the offense is awarded the ball.

Dead Ball / Stopped Play:

1. All balls touching the ground are dead on contact.
 - a. Bad snap to the QB
 - b. Fumble
 - c. Lateral / pitch is dead where it touches the ground
 - d. Punts that are not caught in the air
2. The ball carrier touches the ground with a knee.
3. The flag is removed from the ball carrier.
4. The ball carrier has only one flag when they have the ball.

Scoring:**1. Jr. League:**

- A. Touchdowns = 1 point
- B. There will be no extra point
- C. There are not safeties

2. Sr. League:

- A. Touchdowns = 6 points
- B. Extra Points = 1 point
- C. Safety = 2 points

3. There is no overtime

Playing Surface:

1. The Jr. League will use a 40 yard field on the High School practice field.
 - a. At each change of possession, the ball is placed at the 40 yard line
 - b. 1st down cones are 10 yards apart
2. The Sr. League will use an 80 yard field on the High School practice field.
 - a. After a touchdown, the ball is set at the 20 yard line
 - b. 1st down cones are set 15 yards apart

Penalties

The offended team has the option of accepting or declining the penalty.

Jr. League

All penalties are 5 yards. If the play has started the penalty will be assessed from the spot of the penalty. If the play has not started, the penalty will be marked off from the line of scrimmage. The ball will never go behind the 40-yard line. Off-sides penalty will not be marked off until the last 3 games. If either team jumps off-sides during week 1-3, the referee will stop the play and re-start it again.

Sr. League

5-Yard Penalties (marked off from the line of scrimmage)

1. Offside
2. Delay of game
3. Illegal Motion
4. Illegal Formation
5. Illegal Pass (passed from over the line of scrimmage)
6. Failure to announce punt in advance
7. Offensive pass interference
8. Illegal substitution (too many players on field)

5-Yard Penalties (marked off from the spot of the penalty)

1. Ball carrier using a stiff arm or swatting at the defender to protect the flag
2. Defense holding the ball carrier trying to pull the flag
3. Defensive holding non-ball carrier

10-Yard Penalties

1. Defensive pass interference
2. Illegal block (holding, clip, chop, cross body, tripping...)
3. Unnecessary roughness
 - a. First offense – 10 yards
 - b. Second Offense same player – 10 yards & removal from the game
4. Unsportsmanlike conduct
 - a. Fighting
 - b. Trash talk / Taunting
 - c. Foul Language

Practice Time

All teams are limited to two (2) contacts per week. The game counts as one (1) which means the team may practice one (1) day each week. Teams can practice twice per week prior to the first game.

The week of the Monday Night Showcase – the Monday night game counts as (1) contact for the week.

Practice is limited to 1 _ hours.